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À LA CARTE SPA

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A wide offering which includes Western massages, treatments and rituals of the different Eastern traditions and specific sport massages.

01.

## WESTERN MASSAGES



### LEFAY WELCOME MASSAGE

This massage relaxes the muscles of the back and delivers a profound sensation of well-being thanks to the purest essential oils of mugho pine and peppermint, typical essences of the mountains.

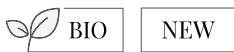
€ 45,00 (20 min.)



### TENSION-RELIEVING NECK AND BACK

This massage relaxes the muscles and promotes re-alignment of the spine, providing immediate relief.

€ 75,00 (30 min.)

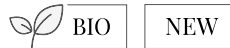


### HEAD MASSAGE La Finestra del Cielo

An invigorating massage with Lefay extra virgin olive oil which, through the stimulation of energy points, loosens the muscles of head and neck, helping deep relaxation.

The olive oil deeply nourishes the hair, the thread of the soul, and makes it healthy and radiant.

€ 75,00 (25 min.+ 5 min. of relaxation)



### REBIRTH RITUAL FOR HANDS AND FEET Il Passo e la Carezza

This is a deep care ritual for the hands and feet: they are the two parts of the body that have always been our contact with mother earth, as well as with people and the things that surround us. The treatment starts with a footbath steeped with lemon slices and green tea-scented salts, enriched with mint essence, followed by gentle acupressure on the face and head with the aromatic and relaxing notes of lavender and exfoliation with lavender salts and extracts. A moisturising pack and a relaxing massage of the reflexology zones of the hands and feet is then performed with cream infused with green tea and vitamin E.

€ 170,00 (1 h. 30 min.)



### CALIFORNIAN

Relaxing and calming massage that, thanks to the soft and light movements, frees the mind from thoughts conferring psychophysical well-being. Dedicated to those who want to enjoy a moment of pure relaxation, to those who want to experience an enveloping and delicate massage. It is very suitable for very stressed and tired people.

€ 100,00 (50 min.)



### CONNECTIVE

This massage reactivates the circulation and improves trophism in the tissues. The skin becomes supple and compact and the body rediscovers lightness.

€ 100,00 (50 min.)



### FOOT REFLEXOLOGY

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Foot reflexology can alleviate a variety of problems affecting the body, as the entire organism is reflected in the so-called foot reflexology zones. With deep and light pressure, balance in the body is restored by massaging the feet in a way that corresponds to our psycho-physical state. This means starting from a holistic vision aimed at increasing self-awareness and showing up the qualities that each of us has deep inside.

€ 100,00 (50 min.)



### DEEP TISSUE

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This massage uses a technique that is aimed at treating deep muscles of the miofascial system, acting on structures that are difficult to treat with other methods.

€ 115,00 (50 min.)

€ 180,00 (80 min.)



### HAEMOLYMPHATIC

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This massage improves the blood circulation and has a considerable draining action. It is perfect for reshaping body contours and delivering lightness to the body. Excellent also if associated with body beauty treatments.

€ 100,00 (50 min.)

### MASSAGE WITH HOT MUD

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Aromatic Hot Lefay SPA mud, known as *Il Potere del Cielo e della Terra*, is used to make this massage a particularly pleasant experience. Rich in oils, clays, sulphates and marillonite, the mud performs an osmotic detoxifying and antioxidant action.

€ 120,00 (60 min.)

### CANDLE MASSAGE

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A relaxing massage carried out using the warm oils of perfumed candles. It relieves tension and delivers new and pleasant sensations to the body.

€ 100,00 (45 min.)

### CONTOURING FACIAL MASSAGE

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With a sculpting, toning and draining action achieved through a combination of manoeuvre performed along the system of all the mimetic facial muscles. It energizes the elastic fibres and stimulates the production of collagen, increases firmness and restores life to tired skin. The use of organic Lefay SPA anti-ageing cosmetic Oil accelerates skin regeneration.

€ 100,00 (40 min.)



### PRENATAL TREATMENTS

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Specific treatments for both expectant women (after 4th month) and the breastfeeding period. These massages are dedicated to this period of transformation of the female body and help you rapidly rediscover form and give you moisturised, supple and nourished skin.

Lefay Extra-Virgin Olive Oil,  
draining and moisturizing massage

€ 90,00 (50 min.)

Massage *Gambe Leggere*

€ 50,00 (30 min.)



### RELAXING FOOT TREATMENT FOR PREGNANCY Dolce Attesa

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A gentle foot massage aimed at stimulating lymphatic drainage, which improves and promotes blood circulation and has a relaxing effect on the nervous system.

€ 80,00 (30 min.)



### KIDS FOOT TREATMENT

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This is a short, pleasurable treatment for children, which is very relaxing with benefits on the circulation and small muscular tensions.

**€ 45,00** (20 min.)

### SPORTS MASSAGE

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For targeted areas of the body, this massage aims to improve the athletic performance. Thanks to the direct action of the increased blood flow and to the indirect action stimulating the nerve endings, this massage ensures a series of benefits, including: reduction of muscle tension; stimulation of local micro circulation; draining effects combined with accelerated removal of lactic acid and metabolic waste; cleansing effect and relaxation of tissues with consequent release of muscle contractions, injury prevention and muscle preparation for physical activity. The massage is ideal not only after sports, but also between or before activities. The positive effects are enhanced by the simultaneous use of products composed of warming, regenerating and recovering oils.

**€ 45,00** (20 min.) Before physical activity

**€ 90,00** (40 min.) After physical activity

02.

## EASTERN MASSAGES AND RITUALS



NEW

### ABDOMEN MASSAGE

This ritual is dedicated to the abdomen and is useful for tension relief. In this area of the body many people somatise fears and stress, which consequently create problems for one of the most important organs of the body: the intestine.

€ 115,00 (50 min.)



### NEI GONG TUINA 推拿

Tui Na (tūi means press, and nǎ means hold) is an ancient Chinese massage technique that dates back to the Ming dynasty (400 BC). Works by balancing the Yin and Yang, by dissolving energy blockages and strengthening the immune system. Gentle, energising, continuous and deep: these are the adjectives that best describe this massage. It perfectly integrates with acupuncture, moxibustion and cupping. Ideal for treating disorders such as headaches, insomnia, constipation, back, neck and joint pain.

€ 115,00 (50 min.)

€ 145,00 (70 min.) with moxibustion

€ 145,00 (70 min.) with cupping

### SHIATSU

This treatment uses a technique based on pressure. It is aimed at reawakening the vital energy and the power of self-healing. Shiatsu can alleviate strong physical and psychological

pain (such as anguish and discouragement etc.). It provides an immediate feeling of well-being and induces a state of balance and harmony with oneself and the surrounding environment.

€ 125,00 (65 min.)



### BACK TIBETAN

The combined action of relaxing manual techniques, hot sponging and cupping delivers wellness and relaxation to the back. The sound of the Tibetan bells reawakens the most silent body areas that have lost elasticity and the ability to be in harmony with the entire body.

€ 110,00 (50 min.)



### LOMI LOMI

This massage belongs to ancient Hawaiian traditions. The therapist touches the body with long and rhythmic movements, called Hula. Extremely pleasant and very relaxing, it alleviates stress and increases body energy.

€ 125,00 (50 min.)



### STONE THERAPY

This is carried out with hot pumice stones, which retain heat and release it slowly. It is indicated for muscular and rheumatic pain and back ache, improving the mobility of muscles and joints. It helps to improve mood and is beneficial to the well-being of the soul.

€ 150,00 (80 min.)

### THAI

This is a massage that involves using the palm of the hand and thumb to exert pressure on energy lines. Combined with the passive stretching of all limbs, it improves circulation and makes the body more supple.

€ 135,00 (60 min.)

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## AYURVEDA

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An ancient Indian discipline practiced to treat the individual naturally and harmonize the three Dosha: VATA – movement, PITTA – metabolism, KAPHA – structure.



NEW

### AYURVEDA OSMOTIC TREATMENT

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The osmotic massage mud contains a combination of essential oils of rosemary, patchouli, oregano and cypress, which provide a smoothing effect and reactivate cell exchanges. The skin is firmer and more compact. The salts contained in the mud favour the elimination of excess liquids by osmosis.

€ 180,00 (90 min.)



### ABHYANGA

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An energising massage characterized by harmonic movements that create heat in order to eliminate the toxins known as AMA. The back is relieved and toned with warming movements from the sacrum to the head. The head and neck are treated in order to create a soothing and relaxing action.

€ 145,00 (80 min.)



### SHIRO-DARA WITH ABHYANGA

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The treatment begins by the pouring of body-temperature oil on the forehead. By releasing tension from the mind and body, the manual movements help to strengthen the sense organs, relieve fatigue and accumulated stress, revitalise the scalp and regenerate the facial skin. The pouring of sesame oil on the forehead is combined with an energising massage characterised by harmonious movements that create heat to eliminate toxins known as “AMA”. The back is lightened and toned. A final head and neck massage relaxes and unwinds.

€ 210,00 (110 min.)

### SILK RITUAL

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A Shea butter pack combined with a special massage, scented and enriched with argan oil. Particularly suitable for dry skin, this pack has a moisturising and nourishing effect and leaves the skin smooth and soft. The exceptional properties of argan oil and the antioxidants in shea butter are highly elasticising and soothe and moisturise the skin. This compress is carried out in the “Nuvola” tub where the touch of the hands and suspension between colours and enveloping scents, makes this treatment a total well-being experience involving all senses.

€ 150,00 (75 min.)

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## RITUALS IN THE HAMMAM

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### ONE THOUSAND AND ONE NIGHTS

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From an ancient Middle Eastern tradition comes a purification ritual for face and body dedicated to deep skin cleansing, elimination of impurities and toxins. It begins with a steam bath (calidarium) designed to prepare the skin for exfoliation with black soap. On the heated couch, the body is scrubbed with the Kassa glove, followed by the application of Rassoul and the steam bath, ending with a relaxing oil massage with pure argan oil. Each phase of the body ritual is accompanied by a facial ritual. The products used are natural and based on black soap, clay and honey for a maximum skin radiance.

€ 200.00 (1 h. 45 min.)

€ 380.00 per couple (1 h. 45 min.)

### BANYA RITUAL

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Experience this original and unforgettable ritual from ancient times. The Banya is a variant of the traditional sauna which originated in Eastern Europe. Dating back to the Viking colonial era, it starts with the warm, moist heat of the Hammam, followed by a detoxifying, rhythmic body massage with the help of "veniks", oak twigs, which are used to relax, release tension and purify the soul.

€ 200.00 (1 h. 45 min.)

€ 380.00 per couple (1 h. e 45 min.)